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Naval Hospital

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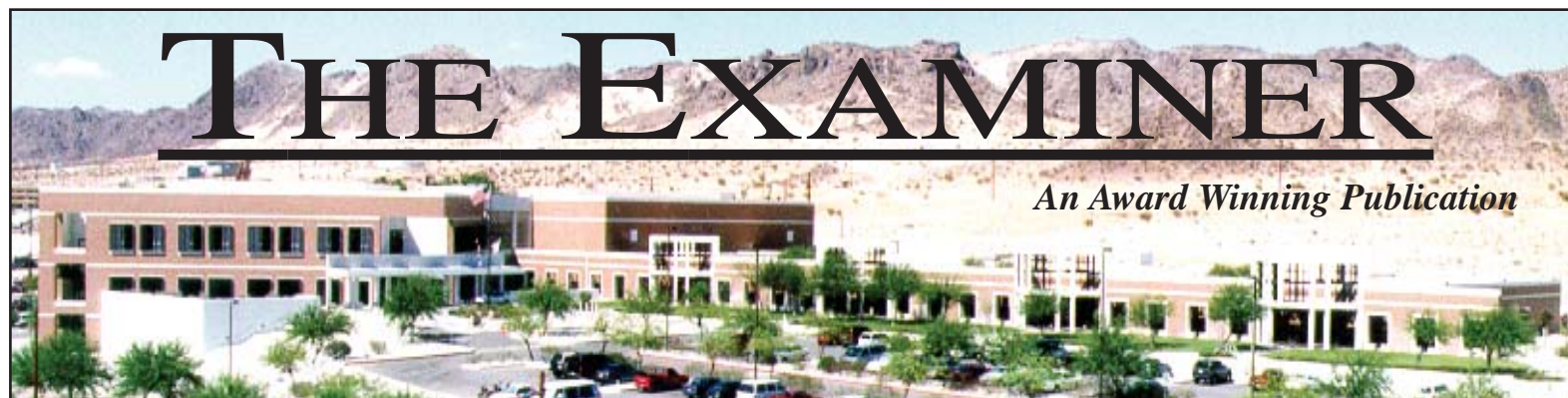
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Chlamydia Affects Unit Readiness

By Cdr. Kanti R. Ford, NHTP Family Practice Physician

Members of the military either as active duty or family members are part of the mission. Success of the mission is inherent in the people supporting it. The ability for the members to efficiently support the mission is related to their health. Sexually transmitted infections detract from the mission by creating preventable long-term health consequences, multiple visits away from the worksite, and potential compromise of the health of others. Some sobering information regarding the extent of this infection is seen in the incidence of infection.

Incidence refers to the number of new infections annually. There were 20 million new infections in 2008. The estimated health care costs from 2010 for treatment, time away from work, and evaluation was \$16 billion. The second most common sexually transmitted infection is chlamydia. This article will review the most

Continued on Page 2, Chlamydia

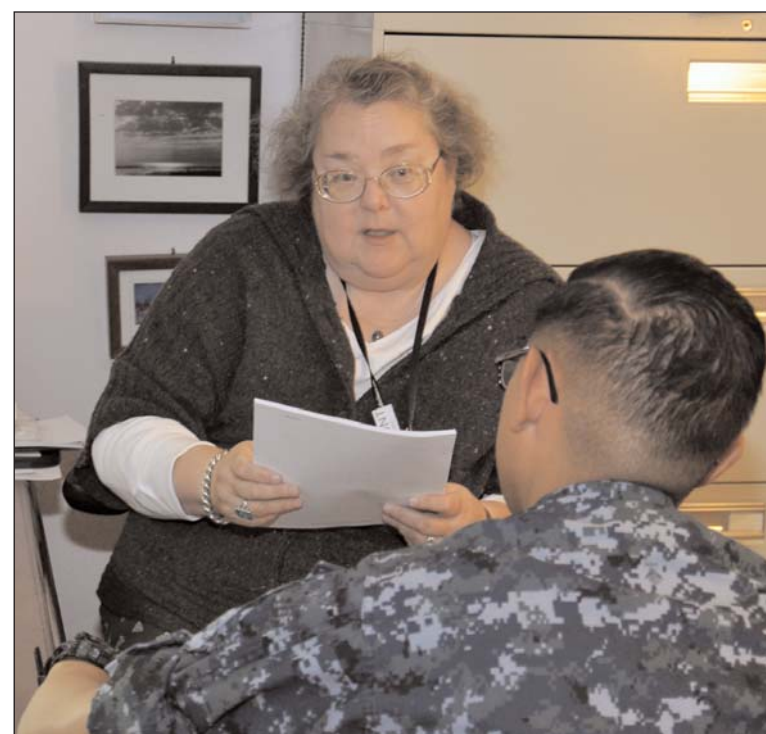
Tobacco Cessation Program Success Draws National Interest

By Dave Marks, NHTP Public Affairs

If imitation is the sincerest form of flattery, Health Promotions Coordinator, Martha Hunt, must feel flattered, indeed. Three scientists working on a grant from the National Institutes of Health were on board NHTP September 18 -19 to study Ms. Hunt's Tobacco Cessation Program. To document what works best, they are examining tobacco cessation programs with the best track record for tobacco cessation, one installation per service.

They visited Tripler Army Medical Center, MacDill Air Force Base and U.S. Naval Hospital Guam. For the Marine Corps, they chose Naval Hospital Twentynine Palms.

"I've heard good things for at least a decade about her work, so it was a pretty easy pick," said Christopher Haddock, PhD, senior principal investigator and Director of the Institute for Biobehavioral Health Research at the National Development and Research Institutes (NDRI). "We're developing case studies of high-functioning tobacco-



Martha Hunt, NHTP Health Promotions Coordinator, counsels a sailor concerning the benefits of quitting tobacco. (Photo simulation).

control programs to find out what makes them tick, what are the commonalities, what's unique, and what could other installations learn from them," Haddock said.

Elizabeth Smith, PhD, associate adjunct professor, University of California San Francisco, noted that among the commonalities of effective programs was "someone like Martha, a really

dedicated person, usually a civilian, who has stability--that's the big commonality," Smith said.

"And they're able to adapt their program to the needs of the installation," said Walker Poston, PhD, senior principal investigator at NDRI. "Every program is a little bit different,"

Please turn to Page 2, Tobacco Cessation.

Patients seen in August -- 10,956

Appointment No Shows in August -- 1,119

In August we had an 9.3 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: *Naval Hospital Twentynine Palms*.

To make an appointment call -- 760-830-2752

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Quit Tobacco and Breathe Easier

Need help quitting tobacco? Health Promotion and Wellness in the Naval Hospital offers one-on-one help with quitting tobacco. There is no formal class to attend and you can even do it with a buddy. Having problems sleeping? Too much

day-to-day stress? Health Promotions also offers one-on-one basic stress management and sleep education. Easier breathing, less stress and more energy are only a phone call away. Please call (760) 830-2814 for more information.

Tobacco Cessation, continued from Page 1.

Poston continued. "Martha's program is different, to some degree, from what's going on at Guam Navy Hospital and it's very different from what's being done at MacDill Air Force Base. Effective programs tailor their approach to the needs of the particular branch and that installation."

Ms. Hunt eliminated the mandatory four-week tobacco cessation class and saw an increase in enrollment. "That's the kind of flexibility and forward thinking that makes these programs vibrant," Haddock said. "It's easy to become stale, old, and non-responsive."

Ms. Hunt has been NHTP's Health promotion Coordinator for the past 14 years. "It was nice being able to spend time with professionals in my field," Hunt said.

The results of the study will be released back to the individual services and will serve as a tool box "to allow policy makers to use as a model for other installations," Haddock said. The final report will be submitted to peer-reviewed journals that deal with tobacco control. "Something like this could also be published in Military Medicine," Poston noted.

Chlamydia, continued from Page 1

current guidelines for screening for chlamydia.

As per the guidance from the Center for Disease Control, annual screening for gonorrhea and chlamydia should be done for women age 25 and under.

There is no clear guidance for men, however; any sexually active person can come to his or her primary care manager and request testing. No longer is a patient required to have symptoms prior to testing. Asymptomatic testing can be done on either urine, urethral, or cervical specimens.

Confirmed results are forwarded to the ordering provider and the patient is notified. The standard treatment is antibiotics, the type and duration may vary depending on individual circumstances (allergies). Left untreated

chlamydia is responsible for tubal pathology, pelvic inflammatory disease, chronic pelvic pain, testicular pain, epididymitis, rectal pain, prostatitis, and discharge.

This type of sexually transmitted infection can also contribute to infant morbidity: eye and lung infections. (Center for Disease Control, 2010).

Chlamydia is a reportable disease; once the provider is aware, Preventive Medicine is notified. The patient's chain of command is rarely involved. HIPPA policy allows for confidential treatment of an STI (sexually transmitted infection). However, to contain the spread of infection, partner notification and treatment is critical.

MCAGCC is a leader in the continued screening and managing of this particular STI. In the United States in 2008, there were 20 million new cases. The vigilance and constant screening of our population has resulted in a steady decline in the rate of chlamydia since 2013. For the second quarter, 2014 aboard the MCAGCC, there were 201.8 persons per 100,000. This indicates a drop from the first quarter 2014 where the incidence rate was 220 per 100,000. In the state of California in 2011, the rate of chlamydial infections was 612 per 100,000 women, in the United States the rate was 648 per 100,000.

While well below national rates, there is still room to improve screening. Leaders and families should encourage members to get screened, tested, and exhibit safe sexual habits. Safe practices combined with routine screening will result in lower chlamydia rates and a more mission ready enterprise.



**Call 1-800-TRICARE (874-2273), Option 1
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Lt. Cdr. Katie Camp receives help with her shoulder boards following her promotion ceremony to her present rank Sept. 8. Lt. Cdr. Camp is originally from Gulfport, Miss. She's been in the Navy for 14 years and at NHTP, as Senior Nursing Officer, Emergency Dept., for 14 months. (Photo by Som Harz).



Lt. Cdr. Sarah Bialobok recites her oath of office during her promotion ceremony Sept. 17 to her present rank. Lt. Cdr. Bialobok, NHTP staff pediatrician, has been in the Navy six years and at NHTP for three years. She's originally from Amsterdam, NY.

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

October's Public Health focus is Health Literacy. We've heard of literacy programs for those with difficulty reading, but even highly educated individuals may have trouble with medical jargon. You may feel, as a patient, that medical staff is speaking another language.

Maybe you can interpret a word here and there, but if you do not understand, are you comfortable enough to speak up and ask him

or her to explain it in plain terms?

Just a small example; I was an active duty Marine many years ago and at the young age of 18, I left for boot camp. Like many teenagers moving into adulthood, I had no problem speaking up for myself and letting the world know I was old enough to take care of myself. Despite my boisterous personality, I found myself walking out of medical appointments confused about what the final diagnosis was and with unanswered questions.

Some of it was due to my lack of preparation (failing to make a list of things I wanted to talk to the medical staff about), but mainly, it was because I was too embarrassed to admit that I did not understand the medical jargon. Even if a provider asked if I had any questions before I was dismissed, I was uncomfortable admitting that I had no idea what had just happened. I would blindly follow the doctor's orders and pick-up and take the

medication that was prescribed.

When I was nearing the end of my tour of duty and checking out, I was asked by a dentist why I had not followed up with dental work that had begun in boot camp; and I was shocked to learn that I had a procedure I wasn't aware of four years prior. I am sure I agreed to it, signed the paperwork and was given some instruction by the dental staff, but in the chaos of recruit training, the less than serene environment of boot camp instruction and my own naivete, I failed to find the voice to speak up.

We have come a long way in the last 20+ years and medical providers are more likely to explain your health status, reasons for specific medications and expected outcomes in easy to understand terms before you leave the office. If you have questions or do not understand what your provider is talking about, ASK. It took me several years to become comfortable

asking, but I was relieved to hear I wasn't alone and that medical providers were eager to explain.

Some tips before your next appointment:

1. Make a list of concerns you would like to address with your provider.
2. Listen carefully and don't be afraid to ask for clarification.
3. Know that it is okay to ask "Why?" A patient that understands why procedures and medications are necessary is more likely to maintain consistency in care and compliance with medical advice.
4. Be prepared to talk to your provider about the benefits of diet and exercise and your limitations, if they apply.

While in the office:

1. Be honest. If you are not open with your provider, he or she may miss out on critical information that will assist in necessary care. Leaving out information or lying out of embarrassment will only hurt you.
2. Take advantage of your provider's expertise. This is

where that list comes in handy. Ask the questions and be prepared to take notes. If it is something that is outside of your provider's scope, he or she is full of great resources to point you in the right direction!

After your appointment:

1. Educate yourself on your health conditions and ways to improve your health.
2. Set your appointment for your next visit right away if follow up is suggested. All too often, we begin to feel better and fail to follow through with our follow up exams and appointments. Gaps in care may lead to aggravated health conditions despite the fact that you are feeling better. Get medical clearance.

Health literacy is all about ensuring that you, the patient, know and understand every aspect of your health. It is about building a partnership with your medical providers where communications flow in both directions and you walk away with the confidence that you are armed with the knowledge and tools to be your healthiest you!

Breast Cancer Awareness, Pre-Screening, Keeps Families Intact

Tanya, I am only 26, but I am concerned about my risk for breast cancer. I don't think about it often, but as I am hearing everyone talk about October being Breast Cancer Awareness Month and all of the women here in Twentynine Palms that have been diagnosed, it has me asking questions to the women in my family. My mother has never had breast cancer, but my maternal grandmother's sister did. Should I be worried? Signed,

"B"

Dear "B" You are correct about breast cancer reaching our local demographic. There are several women I know here in Twentynine Palms that have been diagnosed and are currently seeking treatment. It is also important to point out that men are not immune to this cancer. According to the American Cancer Society, the chance of a woman having invasive breast cancer some time during her life is about one in eight. The

chance of dying from breast cancer is about one in 36. Breast cancer death rates have been going down. This is probably the result of finding the cancer earlier and better treatment.

Right now there are more than 2.9 million breast cancer survivors in the United States. Early detection increases the chance of successful treatment.

Recommended screening guidelines for most adults:

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health

- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over

- Women should know how their breasts normally look and feel and report any breast change promptly to their health-care provider. Breast self-exam (BSE) is an option for women starting in their 20s.

Some women--because of their family history, a genetic tendency, or certain other factors--should be screened with MRI in addition to mammograms. (The number of women who fall into this category is small: less than 2% of all the women in the US.) Talk with your doctor about your history and whether you should have additional tests at an earlier age.

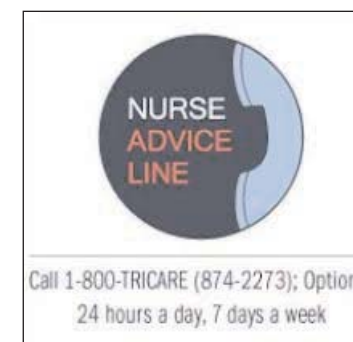
Preventive measures can help reduce your breast cancer risk by maintaining a healthy weight throughout life, being physically active on a regular basis (at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week) and limiting alcohol intake to less than one drink each day for women (two drinks for men).

Your primary care provider is your best resource for information and support resources. If you have any questions or concerns, make an appointment to discuss them with your provider. Do your self exams monthly, and join those of us

who have joined the ranks of 40+, and get those mammograms! The temporary emotional and physical discomfort just may save your life!

There will also be a Breast Cancer Awareness event taking place aboard the Combat Center on October 24. Come out and support the cause and learn more about how to reduce your risk. For more information on this event, contact the Officer

Spouse's Club or talk to your Family Readiness Officer.



2X3
Smith's Family
Properties

Super Stars...



Information Systems Technician Third Class Robert B. Alwood receives a Navy and Marine Corps Achievement Medal “for professional achievement in the superior performance of his duties while serving as leading petty officer, Information Management Department, Naval Hospital Twentynine Palms, from November 2012 to October 2014. Petty Officer Alwood implemented an asset management program that significantly improved the accuracy of tracking over 3,000 pieces of information technology equipment. He installed 44 virtual workstations for 13 battalion aid stations which increased the operational providers’ access to the network by 70 percent. Petty Officer Alwood’s personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.”



Lt. Christopher L. Conboy receives a Navy and Marine Corps Achievement Medal “for professional achievement in the superior performance of his duties while serving as physician assistant, adult medical care clinic, Naval Hospital Twentynine Palms, from July 2011 to September 2014. Lt. Conboy exhibited outstanding clinical skills during 7,142 patient encounters and 1,249 clinical procedures. A proven leader and mentor, he delivered 35 physical exam lectures, 18 skills labs and 16 code blue drills for 68 staff members, increasing knowledge and mission readiness. as the command limited duty screening provider, he performed 48 limited duty evaluations and coordinated follow on care. Lt. Conboy’s personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.”



Ms. Donna Landry receives a Federal Length of Service Award in grateful recognition and appreciation of her 20 years of faithful service to the Federal Government.



Ms. Barbara Ricker receives a Federal Length of Service Award in grateful recognition and appreciation of her 15 years of faithful service to the Federal Government.



Hospital Corpsman Second Class Glaysa M. Ruiz receives a Letter of Appreciation for her “outstanding performance as a Pharmacy Technician, Pharmacy Department, NHTP, from January 2013 to October 2014. “Your dedication to duty was evident as you supervised eight military and five civilian technicians in the accurate dispensing of 36,000 prescriptions to 21,000 beneficiaries with a 67 percent average wait time of less than 10 minutes. During a three-month period and a critical manning shortfall, you unselfishly performed the duties of the night-shift inpatient technician, independently compounding and processing over 900 intravenous admixtures. Your exemplary professionalism and outstanding performance of duty reflect great credit upon yourself and were in keeping with the highest tradition of the United States Naval Service.”



Hospital Corpsman Second Class Corey J. Messner receives a Navy and Marine Corps Commendation Medal “for meritorious service while serving as Assistant Leading Petty Officer, Orthopedics and Information Management Department, NHTP, from September 2008 to October 2014. Petty Officer Messner initiated a process improvement plan for the procurement of post-surgical care equipment that realized a cost avoidance of \$2.9 million. He was instrumental in restoring video teleconferencing capabilities to the command as well as implemented a telemental health video conferencing pilot program. Petty Officer Messner’s distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect credit upon himself and were in keeping with the highest traditions of the United States Naval Service.”



Senior Chief Carl White (right) holds The Commander-in-Chief’s Annual Award for Installation Excellence, 2014, while NHTP Commanding Officer Capt. Jay Sourbeer reads the citation during the First Friday Colors ceremony Sept. 5.



Awardees receive congratulations following the First Friday Colors Ceremony Sept. 5.



Hospital Corpsman Third Class Martina J. Maddox receives a Navy and Marine Corps Achievement Medal “for professional achievement in the superior performance of her duties while serving as Leading Petty Officer, Patient Administration Department, NHTP, from September 2012 to September 2014. Petty Officer Maddox led 11 staff members in the completion of 2,580 admissions and discharges, 795 transports, 865 birth certificate registrations, and 6,000 registrations of active duty service members and their families. As chair of the 2013 Native American Month celebration, led 30 personnel in coordinating and executing this event promoting diversity among the hospital staff. Petty Officer Maddox’ personal initiative, perseverance and unswerving devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service.”



Hospital Corpsman Third Class Jason M. Vandervelden receives a Letter of Appreciation for his “outstanding performance as Assistant Leading Petty Officer, Medical Home Port Blue Team, Naval Hospital Twentynine Palms, from May 2014 to November 2014. While assigned to Medical Home Port Blue Team your professionalism and dedication to duty was a significant contribution to the health care provided to active duty, retirees and dependents of Marine Corps Air Ground Combat Center Twentynine Palms, California. You displayed a sense of responsibility, flexibility and determination by assuming the duties of Assistant Leading Petty Officer by leading, training and mentoring seven Sailors and three civilian staff members. Your leadership abilities and skills were a great contribution to the department and command’s mission. Your exemplary professionalism and outstanding performance of duty reflect great credit upon yourself and are in keeping with the highest traditions of the United States Naval Service.”



Lt. Cdr. Heather Myer receives help with her new rank from Cdr. Michelle French following Myer’s promotion ceremony Sept. 8. Myer, a Mental Health Nurse Practitioner, is originally from Springfield, Mo. She’s been in the Navy six years.



Lt. Cdr. Frank Bivins receives help with his new rank from his wife, Rossy, following his promotion ceremony Sept. 5.



Lt. Cdr. Timothy Chinnock gets an assist with his shoulder boards from wife, Faith (right) and mother, Ruthie, following his promotion ceremony Sept. 17. Lt. Cdr. Chinnock’s father, a Navy Captain and also a pediatrician administered the oath of office. Chinnock, a third-generation Navy pediatrician, is currently NHTP Pediatrics Department Head.



HN Eric Mason is celebrated prior to his departure from the Occupational Health Department. Mason’s new assignment is at the Adult Medical Care Clinic as a General Duty Corpsman.



Capt. Michael Sullivan receives help with his shoulder boards from his wife, Leigh Ann (left) and his mother, Alberta, following his promotion ceremony Sept. 5. “It was easier changing his diapers,” Mrs. Sullivan remarked. Capt. Sullivan, originally from North Andover, Mass., has been in the Navy 22 years. He is NHTP Director for Medical Services.



Introducing New Staff -- Welcome Aboard!



Eric James

Eric James is the Command's new Access to Care Manager. He arrives from the Advisor Training Group at Camp Wilson where he spent the previous seven years working as a tactical medical instructor and curriculum developer. Prior to that Mr. James was a Corpsman with the 3rd Light Armored Reconnaissance Battalion serving five years active duty and five years active reserves as an 8404, field medical service technician. Originally from the Los Angeles area, Mr. James lives in Yucca Valley with his wife, Laleetra, who hails from the Detroit area. They are expecting their first child, a baby girl, in early October. Mr. James enjoys coaching football, teaching and focusing on helping out his church. Musical taste runs the gamut from gospel and classical.



HM1 Diana Mejia

HM1 Diana Mejia arrived from Camp Lejeune, North Carolina, where she held the position of LPO for the Preventive Medicine Department. "We did a lot of inspections and we also did pest control so a lot of our mission was operational" she said. During her three-year tour, HM1 Mejia deployed with a Marine Expeditionary Unit (MEU) and traveled to Spain, Morocco, France, and Kuwait. She's from Highland Park in northeast Los Angeles and is working on her thirteenth year in the Navy. She says it's wonderful being stationed so close to her hometown. She has four brothers, one who was a Navy Damage Controlman, and one who is waiting to enlist. Mejia is moving into a house in Twentynine Palms. She enjoys painting (canvas and decorations) and gardening. Music favorites include rock bands, particularly, Little October.



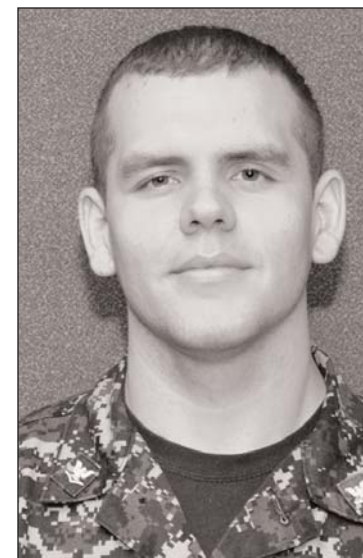
Lt. Arlie Sterling

Lt. Arlie Sterling just finished his clinical psychology internship at Naval Medical Center Portsmouth, Virginia, following his graduation from the Uniformed Services University of the Health Sciences. He earned his undergraduate degree from Ithica College in upstate New York. Hometown is Norfolk, Mass. At NHTP, he will be a staff clinical psychologist. He said of his first impressions of the high desert: "It's hot and dry but it's beautiful. I didn't expect it to be this beautiful, so I'm really enjoying it." Lt. Sterling's wife is Brittany. She's in graduate school working on her clinical psychologist PhD. The couple is expecting a baby boy in early November. They've closed on a house in Twentynine Palms and are looking forward to the camping and hiking opportunities the area provides. Sterling also enjoys bicycling and working out.



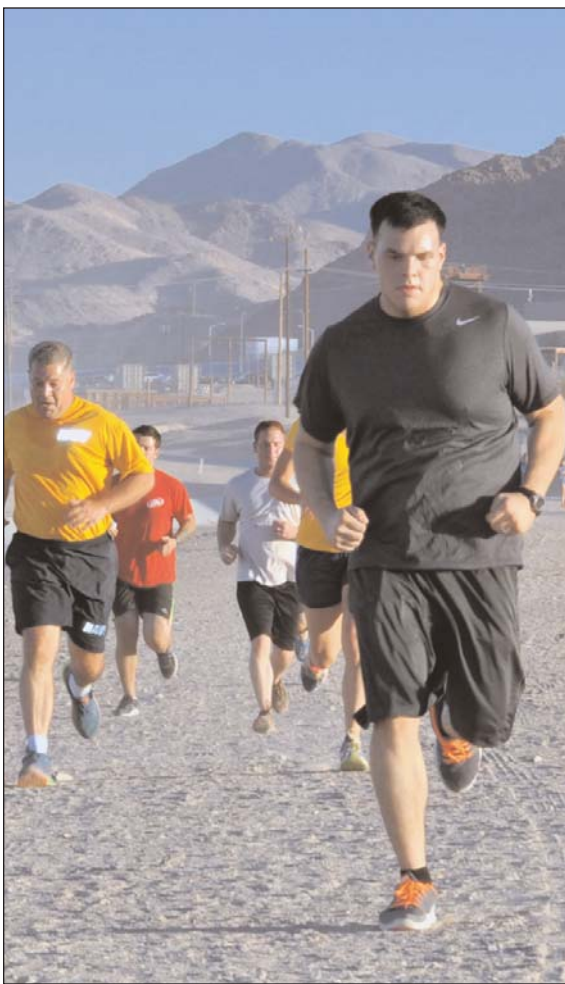
Lt. j.g. Maureen Sosa

Lt. j.g. Maureen Sosa had been a Corpsman, specifically, an x-ray technician, for eight years before earning her commission. In 2005/2006 Sosa deployed to the Republic of Georgia. She describes the deployment as fun and interesting. "We got to train the Georgian soldiers that deployed with us to Afghanistan," Sosa recounted. Before arriving at NHTP, Sosa was the admin officer for the 1st Medical Battalion in San Diego. Hometown is also San Diego which affords her the comfort of being close to family. Lt. j.g. Sosa has a 13-year-old son, Marcus, who started the new school year in middle school in Joshua Tree. Sosa's ultimate NHTP assignment hasn't been determined (as of this writing), but her career goal is to become a comptroller. She's been in the Navy 13 years and enjoys snow boarding, hiking, reading and the outdoors.



CS3 Aaron Lunceford

CS3 Aaron Lunceford arrived at NHTP after completing a three-year assignment as galley cook in Sasebo, Japan. He is now pursuing his cooking passion in the Ship's Galley. "I'm really into art, so that's what draws me to cooking," the culinary specialist explained. "I like cooking, drawing, painting, almost any type of artform I can think of." The Phoenix native spends his spare time working to become a certified locksmith, following in his father's footsteps. He's already acclimated to the high desert and enjoys its quiet beauty. His first impressions about the NHTP Command: "People are really polite here. They'll go out of their way to help out. It's almost a stress-free environment," he said. Lunceford is on an unaccompanied tour and is living in the barracks. He also enjoys basketball and offers these final words: "Cooking is amazing!"



HN Derek Drew leads the pack during the NHTP Fun Run on Aug. 28. The Fun Run, a component of the Command's Fitness Enhancement Program, instills physical prowess and esprit de corps.



Bright Opoku, NHTP Ombudsman, prepares to cut the cake in celebration of Ombudsman Day on Sept. 12. Mr. Opoku assists the Commanding Officer in maintaining high morale.



Dan Scranton (left) receives a commemorative custom plaque from Lt. j.g. Lincoln Stuart upon his retirement as Facilities Manager Sept. 16. Dan has been at NHTP for 14 years. He started as an electrician and was promoted to Facilities Manager three years ago. Born in Long Beach, Calif., Mr. Scranton has no immediate plans for retirement, "other than doing all of the stuff I didn't have time to do while working."

MBTA
2X8

Fostering Good Will and Support

Maj. Gen. Lewis A. Craparotta and his wife, Laurie, visited Navy Hospital Twentynine Palms Sept. 17, to gain an understanding of the hospital's mission, its strengths, and to address support. The visit commenced in the command suite where the Maj. Gen. and his wife met with Hospital Commanding Officer, Capt. Jay Sourbeer, Executive Officer, Capt. Angela Nimmo and Command Master Chief, Carol Merricks. They then met with Green-Side providers in the command conference room. The Commanding General and his wife then toured the hospital stopping frequently to talk to staff in an effort to learn about their views regarding their particular departments. "The problem with hospital docs is that everyone's too honest. It's wonderful," the Base Commander remarked. Pictured top left: Maj. Gen. Craparotta and his wife, Laurie, are greeted by NHTP Commanding Officer, Capt. Jay Sourbeer. Top right: Petty Officer First Class Lori Weber offers an overview of the Radiology Department. Middle right: Maj. Gen. Craparotta gains an understanding of NHTP operations by talking with Green Mile staff and learning their views. Bottom right: Multi-Service Ward's Lt. j.g. Devon Cassidy greets the Base CO. Bottom middle: Cdr. Michell French offers an overview of MIND. Bottom left: HN Eric Preciado greets Maj. Gen. Craparotta. Middle left: Petty Officer Third Class Bobby Ragan, Physical Therapy Department, shares a laugh with the General.

